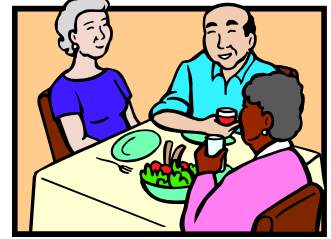


# Making a Meal Plan Work in a Family

## Q&A to commonly asked family & food issues:

What if I need to eat foods my family doesn't like?

- ❑ Prepare small servings for yourself, such as a variety of vegetables cooked with spices instead of fat.
- ❑ Buy bags of frozen vegetables and microwave a single serving.
- ❑ It is **ok** to have two kinds of milk at home, or your own low fat salad dressing. Keep your **own** stash of healthy foods.



What if my spouse or partner won't cook healthy foods, including vegetables?

- ❑ Try learning to cook a few meals yourself and serve the healthy meal to both yourself and your spouse/partner.
- ❑ Buy your spouse/partner a new low fat cookbook as a gift.
- ❑ Be prepared to eat a separate meal if necessary, just eat together even if the food is different. There is no rule that states everyone eats the same foods.

What if the 'cook' in my home always adds fat and salt to foods to make them taste good?

- ❑ Kindly ask the **cook** to add salt or fat late in cooking and make a separate small portion for you.
- ❑ Add additional fat or salt at the table not while cooking, so only those who want extra fat and salt get it.

I don't want to upset anyone at home by not eating the food they prepare or buy for me to eat.

- ❑ You need to eat healthy for yourself!!! Be kind and courteous, then respectfully decline or limit foods you know to be bad for your weight management plan.
- ❑ Explain that the food is too high in fat and calories, nothing else.

I live with my children and they won't buy low fat, healthy foods for me.

- ❑ Provide a grocery list of foods you would like to eat for the food shopper or go to the store and make your own purchases.
- ❑ Explain that low fat, lower calorie food would help you to lose weight and 'Be Healthier'.

My family only wants to eat out and not cook.

- ❑ Read available information on how to 'get the fat out' of food at restaurants. Choose carefully when eating out.
- ❑ Keep healthy microwave dinners and frozen vegetables at home rather than dining out as frequently.

Food has always been cooked a certain way at my home, and we are too set in our ways to change.

- ❑ It is **NEVER** too late to change! Try a new recipe for your favorite entrée or meat. Be adventurous!!!
- ❑ Use spice blends to season the food instead of butter and meat fat.
- ❑ It make take several tries, but you **CAN** learn to enjoy foods prepared without added fat and calories.

No one in my family wants to eat "diet" food, we want "real" food.

- ❑ Low fat healthy food doesn't have to be *diet* food.
- ❑ Eating a reduced calorie meal doesn't mean that the food has to be a small volume.
- ❑ Bulk up meals with whole grains and vegetables, add a salad, add fruit...



I have tried low fat, low calories recipes and foods – no one will eat them. I end up throwing out more food than we eat.

- ❑ **Start small**, only alter one recipe at a single meal.
- ❑ Try substituting a similar food, just use a low sugar or low fat version.
- ❑ You don't have to "Announce" that food is "Healthy", but rather, just prepared a "New" way.

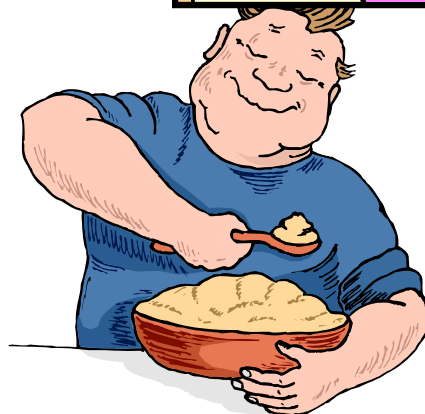
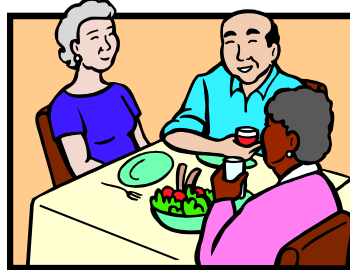
- ❑ Casually introduce low fat, low sugar foods, don't draw attention to the food by saying it is "Different".

My spouse or partner says that the food is healthy, but I know it has too many calories and fat.

- ❑ Show your spouse/partner your information sheet on recipe substitutions.
- ❑ Discuss in an open and friendly manner that you need to reduce fat and calories, not just eat more or less or certain foods.
- ❑ Work together to make healthy, low calorie choices. See the registered dietitian for additional help.

My family thinks I don't need to eat less or lose weight. They encourage me to eat too much.

- ❑ **You need to be healthy for you!** Explain to the family that you really need help with managing your weight.
- ❑ Loving your family doesn't have to be associated with food. Explain that you can still be loved without the comfort of food.
- ❑ **Involve your family** in your MOVE program. Help them to understand that your health will be better at lower body weight.



***MOVE!***